7.2.1 Describe two best practices successfully implemented by the Institution as per NAAC format provided in the Manual.

Response:

1. Girls Student Orientation (GSO)

2. Self Defence Training Programme for Girls

1. **Title of the Practice: Girls Student Orientation (GSO)**
2. **Objectives of the Practice:**

The objectives of New Girls Student Orientation are:

- To facilitate self-growth, self-worth and actualization of potential of the students through myriad ways of empowerment and competence building.
- To introduce Girl students to college services which will support their educational and personal goals (ex. library, information technology and academics).
- To familiarize students with the campus environment and physical facilities.
- To create an atmosphere that minimizes anxiety, promotes positive attitude, and stimulates an excitement for learning.
- To provide a welcoming atmosphere for the girl students to meet faculty, staff especially lady staff as well as other new students.
- To provide the new girls students comprehensive information about the academic and student service resources and programs like NSS, NCC, Student Council, Remedial Coaching, Competitive exam Coaching, etc.

3. **The Context:** Girl's orientation is like sowing the seed to raise the green plant of a charming full grown family which bears fruits. The GSO course serves as the orientation course provided for first semester college Girl students to assist them in the acquisition of fundamental skills essential for academic and overall success. This course is offered primarily through the Equal Opportunity Centre established for the betterment of the girl students of the college. This course serves as the anchor course among the girls. The college endeavors to do its best to reach out to each student and nurture her potential. The attempt is to draw out individual students to unfurl their wings and explore their areas of interest, not only in academics but in extra-curricular activities as well. Apart from that, the college is

sensitive to the needs of students belonging to diverse social, cultural, and regional backgrounds. The attempt is to build inter-connecting bridges among students and faculty and create an atmosphere that is conducive to self-realization and self-evolution. This sense of sisterhood enables students to participate creatively and grow in self-esteem, and induces a sense of well-being and satisfaction.

Proposed Modules

There are eight modules that are proposed for Girl students to complete during the GSO course. Professors are afforded flexibility in determining how these modules will be implemented during the course, as long as the information is addressed.

- Reproductive Health
- Campus Resources
- Legal Literacy
- Communication Skill Development
- Computer Awareness (Merits/ Demerits)
- Positive Attitude Development
- Health And Hygiene Awareness
- Physical Fitness
- Life skills

4. **The Practice:** The GSO for first year girl students of B.Sc., B.B.A., B.C.A. and B.Com. was held from 9th July 2018 to 14th July 2018. As the girls are on their first step of the chosen carrier and a very different mode of their life, it is very important to orient them in the right direction. Keeping this in view, the Equal Opportunity Centre organized one week GSO which was designed to facilitate academic, cultural, social, physical awareness amongst the girls.

Healthy Womanhood: With the intention to impart knowledge on **'Women Body'** the first lecture was on 09/07/18. It was delivered by Dr. S.R.Katke, Head, Department of Zoology. She boldly and clearly discussed many facts with the girls which were very important to understand. It was noticed that most of the girls were unaware of their physiology and were very happy with the initiative.

Importance of Health and Hygiene: At a very young age girls have low hemoglobin levels, low calcium levels. Girls don't take proper diet, which gives rise to many health issues, which in turn causes mental and physical stress to them. They can't concentrate on their studies. Dr. R. R. Laharia, Assistant Professor, Department of Zoology, explained the girls about the 'Importance of Health and Hygiene' on 10/7/18.

Real Happiness: There are lot of pressures on today's teens, regarding studies,

- Co-curricular activities, expectations from family, teachers, friends, etc. The cases of depression are increasing day by day. On 11/7/18, Mrs. N.J. Honrao, Head, Department of Commerce and Management Department explained how one can find Real Happiness in very small things, small moments which are generally neglected.
- **Communication Skills:** As the students step in the outside world, it is important that they should develop their Communication Skills. On 11/7/18, Mrs. M.A. Bhuptani, Assistant Professor, Department of Commerce and Management, guided the students on ways to improve Communication Skills.
- **Legal Awareness:** Our government has framed many laws for the safety and security of women. But girls are not aware of these laws. So Mrs. S. P. Nibjiya, Department of Commerce and Management, on 12/7/18, guided the girls about these legal provisions and safety rules for girls. She explained in detail article 14 to the girls.
- **Stage Fear:** The fear of performing on stage is a problem that is quite common. Most of those affected don't know how to overcome the block. Today, an on-stage performance is seen as not just an extracurricular activity, but an important life skill. To groom our girls to perform without fear Dr. P. R. Agrawal, Head, Department of Mathematics gave some tips to the girls to overcome 'Stage Fear' on 12/07/18.
- **Evolution of Mobiles:** As there are advancements in technology and new development in Mobiles and Computers, the current generation is totally dependent on it. They should know merits and demerits of these and as to how they evolved. On 13/7/18, Dr. V. S. Tondre, Head, Department of Computer Science, guided girls about history on evolution of mobiles and effects of mobiles and computer on human body especially, a women

body. She explained how a change in DNA can take place by continuous exposure to the mobile waves.

- **Cyber Crime:** In technically driven society, people use various devices to make life simple. Globalization results in connecting people all around the world. The increasing access to and continuous use of technology has radically impacted the way in which people communicate and conduct their daily lives. And with this there is increase in threat of Cyber Crime. On 13/07/18 Dr. U. S. Junghare, Department of Computer Science, explained the girls about cybercrime and how to keep themselves safe on cyber.

5. **Evidence of Success:** On 14th July 2018, a valedictory function was organized to get the feedback from Girls.

- Girls gave a very positive feedback of the workshop and requested for some more sessions to be conducted in future.
- Girls also informed in their feedback that through this orientation program they got introduced to all the incharges of various activities like NSS, NCC, EOC, Youth Festival, CCC, Women Grievance Cell, Career Counseling Cell, etc and therefore now can avail different facilities.
- In their feedback girls also informed that knowing their own structure in the healthy women hood class made them more confident about themselves.
- They were able to identify health risks related to ignorance of hygiene and minor problems.
- They were able to understand legal provisions available for protecting them and their basic rights.
- They became familiar with various legislations to demand their due share in society.
- Girls engaged in activities designed to improve their study and learning skills and to enhance their personal growth and development.
- Girls were able to identify personal time management systems that work for them.
- Girls were able to successfully identify stress management techniques.
- Girls were able to identify resources in the community that are available to promote and enhance their personal growth and development

6. **Problems Encountered and Resources Required**

- **Problems Encountered:** In this age of specialization and utilitarian attitude it is challenging to motivate students to explore areas and fields of knowledge beyond their chosen fields.
- **Resources Required**
    - Physical Infrastructure
    - Administrative support
    - Financial Support
    - Subject Experts

7. Notes: GSO Outcomes:

- **Academic Life:** Students will become familiar with the academic resources, procedures, and student code of conduct policies of the college.
    - Girls will be able to articulate the purpose of the Student Code of Conduct.
    - Girls will understand the role of the academic advisor.
    - Girls will be able to identify resources for academic support on campus.
- **Community Life:** Students will have an understanding of the community and environment on and around the college campus.
    - Girls will be able to articulate opportunities for involvement in the campus community.
    - Girls will identify opportunities for civic engagement.
- **Personal Life:** Girls will engage in activities designed to improve their study and learning skills and to enhance their personal growth and development.
    - Girls will identify personal time management systems that work for them.
    - Girls will be able to successfully identify stress management techniques.
    - Girls will be able to identify resources in the community that are available to promote and enhance their personal growth and development.

1. **Title of Practice**: **Self Defence Training Programme for Girls**
2. **Objective of the Practice**: As per the vision and mission statement of the institution, our institution is always ahead in imparting a sound education which, while training them for academic career will also make them self-reliant in every field of life. This training programme in Karate aims towards developing well balanced mind and body through training in fighting techniques. It also shares to cultivate great human character of a higher

class that prevents any violent attack before an actual fight. In the current social scenario, it is necessary for the girls to protect themselves from the evil forces of society and hence this training aims to give them the confidence for self-defence in some critical or unwanted situations.

3. **Context**: All round development of the girl students includes the holistic approach in which academic, extracurricular, social, cultural, spiritual etc factors are included. Considering the Indian context women have always been the second gender in priorities and were denied the equal rights from their counterparts. They were taken as an object of pleasure and were exploited by the social culprits. In this context this training programme provides them the skills to fight and defend themselves in any critical situations. Hence the institution keeping in mind the large no of girl students imparts this technique of fighting skill to girls. Beside these defence skills the ultimate goal of karate is to build and cultivate great human characters. It is a strong meditation technique of performing skill that prevents any violent attack before an actual fight occurs.
4. **The Practice**: 86 girls enrolled for the training and the training started with the warming up sessions.
    - Day 1- Rules of Karate- Students were taught the rules, regulation and discipline to be maintained during the training.
    - Day 2 and 3- Warm up and upper, lower and middle punches.
    - Day 4 and 5- Along with punches upper middle and lower blocks.
    - Day 6 and 7- Along with punches and blocks, arm weapons.
    - Day 8 and 9 - Punches, blocks, arm weapons and leg weapons training was imparted.
    - Day 10 and 11- Stance, hand strikes and kata training was given.
    - Day 12 and 13 - Kicks and katas were taught to defend the situations.
    - Day 14 and 15- Revision of all the various skills of karate.
    - Day 15 – Demonstration of various karate skills. On the last day of the training programme on 30/07/2018 valedictory function of the programme was organized where the best performers demonstrated their skills. District Sport Officer, as the Chief Guest observed the different skills including – punches, blocks, arm weapons, leg weapons, stance, hand strike, kicks and different types of katas.

Students were applauded for their performance and guided for the various intercollegiate district level, regional level, state level and national level competitions. Knowledge about various funding agencies, clubs and government department schemes to fund the participants was imparted to students.

5. **Evidence of Success**: Positive feedback received from the participant girls reflected the usefulness and importance of the karate training.
    - Girls developed in them physical strength and self-bearing capacity.
    - They learned to concentrate on the given target, as karate improves the concentration skills.
    - They developed fractional time management as karate kicks trained them to be in action within the fraction of second of the need.
    - They successfully developed the co-ordination among team, which imparts them participation management ethos while completing the given task.
    - Most important, girls developed in them the defence skill through which they would fell self-protected, self-confident while doing their own work in every social condition irrespective of any unavoidable or critical situations.
    - They developed in them the skill to fight any situation if attacked.
    - They learnt mindfulness.
    - They engaged in a healthy lifestyle.
    - Girls improved themselves in relieving stress.
6. **Problem Encountered and Resources Required:**
    - **Problem Encountered**
        - Entry level girls in the institution come with the confused state of mind regarding all activities of college.
        - As per the social structure of our Indian society some girls were not permitted to undergo the karate training.
        - Being the male dominated skills, girls were reluctant to participate.
        - Initially girls found it difficult to cope up with the physical constraint of exercises.
        - Time table adjustment during the training period also was one of the constraints to limit the number of participants.

- **Resources Required**
  - College Auditorium for the conduction of workshop
  - Trainer for Karate Coaching
  - Funds for arrangement example stationary, T shirt, snacks, certificate etc

7. **Notes:** As per the ancient Indian social structure women were denied from education, participation in decision making, warfare techniques and were always the second gender. This lead to the under expression of their potentials. But the recent development need to bring the 50% of our female population in the nation building stream by making them strong, confident, self-reliant, ready to face situation and fight for self-protection. This training resulted in the fruitful and beneficial outcomes for the girls as a whole.
   - Girls will be physical fit and mentally strong thus making our 50% young generation reducing medical expenditures on health.
   - Being the future citizens, they will develop overall confidence in imparting their duties.
   - They will improve socializing skills.
   - They will learn mindfulness.
   - They will be able to relieve stress in any situation.
   - They will gain self-defense techniques in today's increasingly violent and criminal world.
   - This will give them the support group of girls.